

Turmeric Honey Mask For Healthy and Glowing Skin

Known as the golden spice of life, turmeric, or haldi, contains a plethora of healthy nutrients beneficial for the skin. The antioxidant and anti-inflammatory properties have been known for centuries in the East. The spice is widely incorporated in the Indian cuisine and has been used in the Ayurvedic skin care for centuries. Indian women have traditionally used it in their beauty routines for radiant and healthy skin. It is a common practice for the Indian bride to brighten their faces for the wedding with a turmeric paste made of the spice and olive oil.

The main ingredient in turmeric powder is curcumin, which represses an excess of melanin production. Curcuminoids work great for treating skin irritations, sun damage, and chronic inflammation that can all cause premature skin aging.

Turmeric contains a handful of essential nutrients including:

- **Vitamin C** encourages the build up of collagen, preserving the skin elasticity and tautness.
- **Vitamin B** is vital for the new skin cell formation and for keeping the skin moisturized.
- **Calcium** helps heal dry and withered skin.
- **Magnesium** slows down the aging processes and maintains the youthful and glowing look of the skin.
- **Potassium** has outstanding hydrating properties.

Want To Grow Your Own Turmeric Plant?

You may want to try growing your own turmeric, especially if you are one of those hard-core gardeners. The hardy ginger relative will do best in humid and warm conditions.

Although turmeric is better suited for planting in open fields, it can survive in a domestic environment, too. Gardening experts advise growing your plant from a small piece of rhizome bought from a nursery or gifted to you by another gardener. Pick a partly shaded place with morning sun exposure. The best time for planting is in spring. Dig the roots up in the late fall or the early winter, while the greenery is dormant.

Turmeric +Milk+ Honey Face Mask

Although turmeric has unquestionable benefits, the spice can stain fair skin with its natural yellow colouring and make it look sallow. Luckily, the colour does fade away after a couple of hours. With this in mind, here is an easy idea on how to use turmeric in your everyday skin care routine.

Why Is It Good for You?

Honey is known for its anti-bacterial, antiseptic, and moisturizing properties. It also helps even out the skin tone and removes any discoloration marks, acne scars, and dark spots on the skin. Milk smoothes the rough skin and nourishes it with vitamins and minerals.

Ingredients:

- 1 teaspoon milk
- 1 teaspoon honey
- $\frac{1}{4}$ teaspoon turmeric powder

Directions:

- Mix the above ingredients in a bowl.
- Use a gentle cleanser to remove any trace of dirt or makeup.
- Apply a thin layer of the turmeric face mask on your

- face and let it sit for five to ten minutes.
- Rinse off with a mild facial cleanser and water.

Bonus Tip:

With this mask, you don't need to worry that the yellow powder will stain your skin. If it does stain your face, use a sugar face scrub. To avoid staining your nails, wear gloves. To get rid of the turmeric nail stains, rub them with lemon juice using a brush.

For more interesting tips and ideas on how to grow an organic garden and make your own natural remedies, visit the London Gardeners blog.

Further reading:

- *Turmeric – Learn More about This Ayurvedic Herb*
- *How to Optimize Curcumin Absorption – With Golden Milk Tea Recipe*
- *How To Use Turmeric To Kill Cancer*
- *Turmeric's Anti-inflammatory Properties Explained*
- *Healthy Skin*
- *Get Naturally Gorgeous Skin with These 4 Home Remedies*

Sources:

- *6 Fruits and Vegetables You Can Easily Grow Indoor – Alternet*
- *Skin Care Treatments – Bellatory*